

ABSTRACT

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THE EFFECT OF NUTRITION EDUCATION USING THE LECTURE METHOD WITH BOOKLET MEDIA ON INCREASING BALANCED NUTRITION KNOWLEDGE OF ELEMENTARY SCHOOL STUDENTS (QUASY EXPERIMENT STUDY ON CLASS IV STUDENTS OF SDN 1 CEMPAKA IN CEMPAKA VILLAGE, PLUMBON DISTRICT, CIREBON REGENCY IN 2023)

Nutritional knowledge is one of the important indicators that contribute to determining the degree of public health. Several factors that can lead to a variety of nutrition and health problems in various age groups, including school-age children, are a lack of nutritional knowledge, especially regarding balanced nutrition. This study aims to analyze the effect of nutrition education using the lecture method with booklet media on increasing the knowledge of balanced nutrition of grade IV students at SDN 1 Cempaka, Cirebon Regency. This type of research is quasi-experimental with pre-post test one group design. The subjects of the study were class IV students (aged 9-10 years) totaling 58 people. The instruments used were booklet media and a balanced nutrition knowledge test to measure students' nutritional knowledge scores before and after the intervention. Bivariate analysis using paired sample t-test. The average score of students' balanced nutrition knowledge during the pre-test was 10.29 ± 2.97 , while the average score of knowledge during the post-test was 14.22 ± 3.03 . The results of this study showed a significant difference in the increase in students' knowledge of balanced nutrition before and after being given the intervention ($p=0.000$). So, it can be concluded that nutrition education using the lecture method with booklet media has an effect on increasing the balanced nutritional knowledge of elementary school students. It is suggested that booklet media can be accepted as one of the media in obtaining nutrition education by elementary school students.

Keywords: Knowledge, Balanced Nutrition, Lecture, Booklet, Elementary School Students.